



Purnima International School

Shree Swaminarayan Gurukul, Zundal

CLASS 10TH QUESTION PAPER, MARKS – 10

Reading Skills

Q 1) Read the passage below and answers the following questions: [3 marks]

It's not cool to be fat that has not prevented an obesity epidemic from occurring among America's youth. Childhood obesity increased from 5% in 1964 to about 13% in 1994. Today it is about 20% and rising.

Excessive time spent watching TV, using the computer, and playing video games is partly to blame this escalating rate. Children, on an average, spend up to 5 to 6 hours a day involved in these sedentary activities. Perhaps, it wouldn't matter if they were sufficiently active at other times, but most of them aren't.

To make matter worse, children are bombarded with well crafted TV ads from fast food chains and other purveyors of high fat, high sugar meals and snacks. A recent study reported that 2 to 6 years old who watch TV are more likely to choose food products advertised on TV than who do not watch such commercials. These highly effective advertising campaigns, combined with physically inactive lifestyle, have produced a generation of kids who are at high risk for obesity associated medical conditions. The major health threat is the early development of type 2 diabetes adult.

Onset), particularly in children with a family history of this disease. Doctors are reporting a surge in young adolescents developing mellitus diabetes (type 2) which can lead to heart disease, high blood pressure, kidney disease, stroke, amputations and blindness. People who develop diabetes in adolescent face is diminished quality of life and shortened life span, particularly if the disease progresses untreated. It is scary prospect for our children but, in many cases obesity and diabetes are preventable.

Pediatricians recommend restricting children to 1 to 2 hours per day on TV and computers combined, though older children may need additional time for learning activities. Parental involvements remain the most important key to our children's healthy diets. Changing eating habits and life style is not easy, but the health benefit for our children is wonderful payoff for parents willing to take on the task.

Questions

1. What was failed to prevent obesity epidemic in America?
2. What wouldn't matter if children were sufficiently active?
3. What problems can diabetes lead to?

Writing Skills

Q 3) Complete the given story

[4 marks]

Cloudy and dark night.....scary forest..... sounds of steps.....followed the footsteps
.....reached a lonely house..... Hid behind the trees Entered the house.....shocked to
see.....woke up in the bed.

Literature

Q 4) Answer the following questions

[3 marks]

- a) Who was Lencho? What were his main problems?
 - b) Why and how did the postmaster help Lencho?
 - c) How much money did Lencho need? How much did he get?
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